

Positive Parent Workout: “Provide Inspiration”



GROWING CHAMPIONS FOR LIFE



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Assignment for the Week:

Motivational speakers should be called “inspirational speakers” because they paint pictures of what *could be...IF* we had *motivation*. While motivation comes from within, *inspiration* can come from the outside. At any moment an athlete can be inspired, which is a positive energy or enthusiasm created by an outside stimuli. It can

turn into action IF there is a corresponding internal motivation. Parents can play a healthy role in providing inspiration. but it must be done without implying...”So you *should* do the same.” When parents attempt to leverage inspirational moments into increased activity by their children, the resulting manipulation causes resentment – not motivation.

Strategies: Patience will be required after an inspiring incident. You will have to sit back and observe to discover whether any particular inspiration is matched with a corresponding unmet need in your child. The evidence will be found in future activity levels and commitment levels. This is not always immediate, but obvious once the fire is lit.

The challenge is how creative we are in presenting both opportunities and inspiration for our children. If we are patient with the process it will become clear that our children are also interested in finding the match between inspiring stories and the story they are trying to write with their life.

Examples:

Here are eight things you can do to provide inspiration for your children:

1. Paint a picture of what you believe could be accomplished IF there is a “want to” within your athlete.
2. Share inspiring stories of what others have overcome.
3. Expose them to new opportunities.
4. Show them how far they’ve come on their journey.
5. Help them learn a new skill.
6. Celebrate a recent success.
7. Challenge them to set a new personal goal.
8. Set an inspiring example by your own efforts & accomplishments.

Think back to your own inspirational stimuli. What was it that “clicked” with your motivation and stirred you to do more or work harder to fulfill your unmet needs? Share these stories with your children.

Notes:
